

Year 12 CEP (PSHE) Curriculum Overview



Subject – Personal development

Autumn Term

Relationships

Session Content

1. Relationship values
2. Building a positive self-image
3. Relationship equality
4. Challenging violence in society
5. Sexual health
6. Analysing the impact of pornography

Powerful Knowledge

1. Relationships in all walks of life are important in forming support networks and creating groups of people who can help support positive wellbeing. Pausing and reassessing historic and current relationships is important in this transition phase to post-16 education. Assessing how our values and behaviours are interpreted and where the boundary lines lie in an array of relationships helps to ensure that positive behaviours are maximised, and conflicts are avoided.
2. Self-image is our internal mental picture of ourselves that includes characteristics of personality an appearance. Having a positive self-image is a key aspect of optimising positive wellbeing and resilience. Interactions with social media and other external sources can contribute both positively and negatively to self-image.
3. Certain behaviours in intimate relationships are always unacceptable. It is important to be able to recognise and analyse cultural and current influences on relationship values and be able to use the law as a factual basis to inform acceptable and unacceptable behaviours. Equality in relationships means that each person's views and desires are listened to a respected to a reasonable degree rather than one person's needs dominating the relationship.
4. Violence in any kind of relationships is always unacceptable. Consumption of alcohol and drugs can alter inhibitions influence individuals' behaviours in relationships. The law relating to violence in relationships including domestic violence and coercive control will be explored.
5. The triangle of safe sex includes consent, prevention of STIs and prevention of pregnancy. Negotiating contraception and consent with a partner are important elements of a healthy relationship. Support can be accessed for sexual health via the GP or through a local sexual health clinic (Locala and MESMAC)
6. Research has shown that watching pornography can negatively impact relationships by creating unrealistic expectations of a partner amongst other issues. Recognising these negative impacts and considering strategies to minimise the impact that pornography can have is important.

How can you help at home?

- Use the resources on Showbie as a discussion point prompt for the lessons in the relationships series
- Use the resources on Showbie to support in where to get specialist support with sexual health concerns.

Spring Term

Living in the wider world

1. What is my role in society?
2. Activism
3. Challenging discrimination
4. De-escalation strategies
5. Voting
6. Critical thinking skills in the online world)

Assemblies:

1. Driving safely
2. Travel safety
3. Drink spiking
4. Money management

1. As a Citizen as well as being aware of British Values, School Values and the values of your local community it is important to consider your strengths and areas for improvement in how you interact with and contribute to society. A society is a group of individuals involved in social interaction or a large social group sharing the same spatial or social territory, typically subject to the same political and legal authority and cultural expectations.
2. Activism consists of efforts to promote, impede, direct or intervene in social, political, economic or environmental reform with the desire to make changes in society toward a perceived greater good. Activism has played a crucial role in social movements for generations in promoting positive change.
3. Discrimination is unjust or prejudicial treatment of individuals or groups based on inherent characteristics. The Equality Act lays out which characteristics are protected characteristics. Being an upstander rather than a bystander helps to promote a community where discrimination is always challenged. Inclusion is treating everyone fairly and equally. Ostracization is intentionally excluding individuals from activities or social settings either online or offline.
4. De-escalation is using strategies to reduce the intensity of a conflict situation or to resolve a conflict. This is an important part of engaging positively in a community. Tips include giving space, validating feelings and experiences, listening and repeating to ensure understanding. In conflict scenarios using words and body language that is assertive rather than aggressive is an important skill to learn in both personal and work contexts.
5. Everyone in the England has a right to register to vote in referendums and elections if they are a UK or Irish citizen, a qualifying Commonwealth citizen living in the UK, and EU citizen living in the UK and they are aged 16 or over (but you can't vote until you're 18 years old). Interpreting political campaign messages involves critical thinking skills and a broad and open approach to different viewpoints.
6. Being a critical digester of the media and online information is important so that you have an informed and balanced view of social, economic and political affairs. An echo chamber is a space online where a person encounters only beliefs or opinions that coincide with their own, so that their existing views are reinforced and alternative ideas are not considered. Misinformation is false information deliberately leaked to deceive people.

- Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series
- Internet matters is a good source of information for parents on online safety matters:
https://www.internetmatters.org/?gad=1&gclid=EAlatQobChMIgrWFkrSHgQMvhejVCh0pSwhIEAAYASAAEgKKZ_D_BwE

Summer Term

Health and wellbeing

MOCK EXAM SERIES AND PREPARATION

1. Looking after my personal health
2. Cancer screening and self-checks

Assemblies

1. Independently managing stress and mental health
2. Diet and sleep patterns

1. Health is made up of physical and mental health as well as wellbeing. The World Health Organisation defines health as a state of complete physical, mental and social wellbeing, not just the absence of disease. Looking after personal health includes management of sleep, diet, exercise and access to services such as the GP.
2. Being aware of what is 'normal' for your body and having a routine for checking for (in particular breast and testicular cancer) is an important part of keeping yourself safe and looking after your health. Accessing your GP is an important step in addressing any concerns that arise following personal cancer checks

- Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series
- Discuss which GP practice your child is registered to and how they would access their GP if required.

Year 13 CEP (PSHE) Curriculum Overview



Subject – Personal development

	Session Content	Powerful Knowledge	How can you help at home?
<p>Autumn Term</p> <p style="text-align: center; background-color: yellow;">Relationships</p>	<ol style="list-style-type: none"> Building professional relationships Impacts of alcohol and drugs on relationships and your career Managing conflicting views Faith and culture in relationships Money management Managing online presence First aid, vaccinations and recognising signs of illness 	<ol style="list-style-type: none"> Relationships form an important part of professional relationships. Your digital presence and footprint as well as how you relate to and connect to people is an important part of your personal brand. Professional relationships are generally more formal than personal relationships as a workplace's culture and professional expectations dictate how people behave towards each other. Most workplaces will have an agreed policy on drug/alcohol misuse that is written into their health and safety policy. Alcohol, drugs and substance abuse has serious implications for employees' health, safety and performance in the workplace. In the UK it is illegal to buy, be bought or buy someone under 18 alcohol. In the UK it is illegal to possess, supply and produce controlled drugs, controlled drugs fall into 3 different categories, Class A, B or C. Individuals may have conflicting views on a variety of issues such as current affairs, politics, economics, relationships, religion and many other areas. Listening and learning to people from different cultural backgrounds to your own helps to give an informed and rounded view of a variety of issues. Recognising microaggressions and being an upstander is important. Being tolerant of different views reduces conflict. Not challenging microaggressions can lead to prejudice and discrimination. Whatever background you come from, there'll always be some differences between you and your partner. Whether that's over something as small as your favourite cereal or as big as coming from a different religious community. The issue only comes in when you can't find a compromise between your viewpoints. That's why 'how does religion affect relationships?' is a pretty subjective question. To some extent, the answer will depend on how much your beliefs shape your life and how strongly you want your partner's beliefs to align with your own. When exiting post-16 education, you will need to draw on all your money management skills and to be able to independently manage your finances. Considering budgeting, saving, insurance of your personal belongings and how to maintain your credit rating are all important elements of financial independence. Information including photos and videos and well as online posts and comments all forms part of your online presence. Managing online status, and understanding appropriate behaviour online helps to build and maintain positive relationships. First Aid can save lives in emergency situations. It is important in an independent setting such as living away from home for the first time to manage your own health by registering with a local GP, ensuring that your vaccinations are up to date and being aware of the signs of serious illnesses such as meningitis. 	<ul style="list-style-type: none"> Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series Discuss how to register with a GP and on University open days explore wellbeing support on and off campus or discuss how to register with a GP generally.
<p>Spring Term</p> <p style="text-align: center; background-color: #90EE90;">Health and wellbeing</p>	<ol style="list-style-type: none"> Self-care for exams Creating a maintaining a work-life balance <p style="background-color: magenta; color: white; text-align: center; font-weight: bold;">BREAK FOR MOCKS</p> <ol style="list-style-type: none"> Registering to vote for a general election and my role (2023.24 only) Keeping safe whilst independent Self-confidence – how do I build it? 	<ol style="list-style-type: none"> In an exam series maintaining your wellness routine is important as it can help you to keep up your stamina as you are sitting your exams. Diet, sleep and exercise are all important parts of self-care that when kept in balance help improve academic outcomes. A work life balance is how you choose to balance your time between professional/educational and personal commitments. A healthy work-life balance will mean different things to different people, it means being fulfilled and content in both areas of your life, this can be challenging but is very important for your personal wellbeing and mental health. Everyone in the England has a right to register to vote in referendums and elections if they are a UK or Irish citizen, a qualifying Commonwealth citizen living in the UK, and EU citizen living in the UK and they are aged 16 or over (but you can't vote until you're 18 years old). Interpreting political campaign messages involves critical thinking skills and a broad and open approach to different viewpoints. When you move away from home for the first time, it is important to recognise that your support network may be further away than you are used to. Coping strategies include self-care, maintaining relationships, making new friends, accessing support services amongst others. Recognising that burglary and theft can be crimes committed disproportionately against students is important to safeguard yourself and belongings. Taking responsibility for yourself, especially on nights out with new groups of people in unfamiliar settings that are new to you. Self-confidence is an attitude about your skills and abilities. It means having a self-awareness of your own strengths and weaknesses and strategies to self-improve and play to your strengths. Self-confidence is based on our opinions and beliefs about ourselves that can be hard to change. 	<ul style="list-style-type: none"> Use the resources on Showbie as a discussion point prompt for the lessons in the lesson series
<p>Summer Term</p>			